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Everything you
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Your essential daily news | WEEKEND, OCTOBER 21-23, 2016

High 9°C/Low 2°C Showers



HERITAGE CLASSIC



READY FOR A CLASSIC

The game's greats and young stars
face off for Winnipeg's hockey-packed
weekend **metroNEWS**

Winnipeg Jets defenceman
Tyler Myers checks out the
ice at Investors Group Field.
LYLE STAFFORD/FOR METRO

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See Page 7

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Do-it-yourself party weekend

HOCKEY

Metro's guide to throwing a Heritage Classic bash



Stephanie Taylor
Metro | Winnipeg

There are only handfuls of tickets left watch to the Tim Hortons NHL Heritage Classic and Alumni Game between the Jets and Oilers in Winnipeg this weekend.

Don't feel like spending \$400 on a ticket package and stadium fare for a game-day experience? We don't blame you.

Instead, Metro thinks you should burn that money on hosting your own viewing party and having a legendary Heritage Classic weekend.

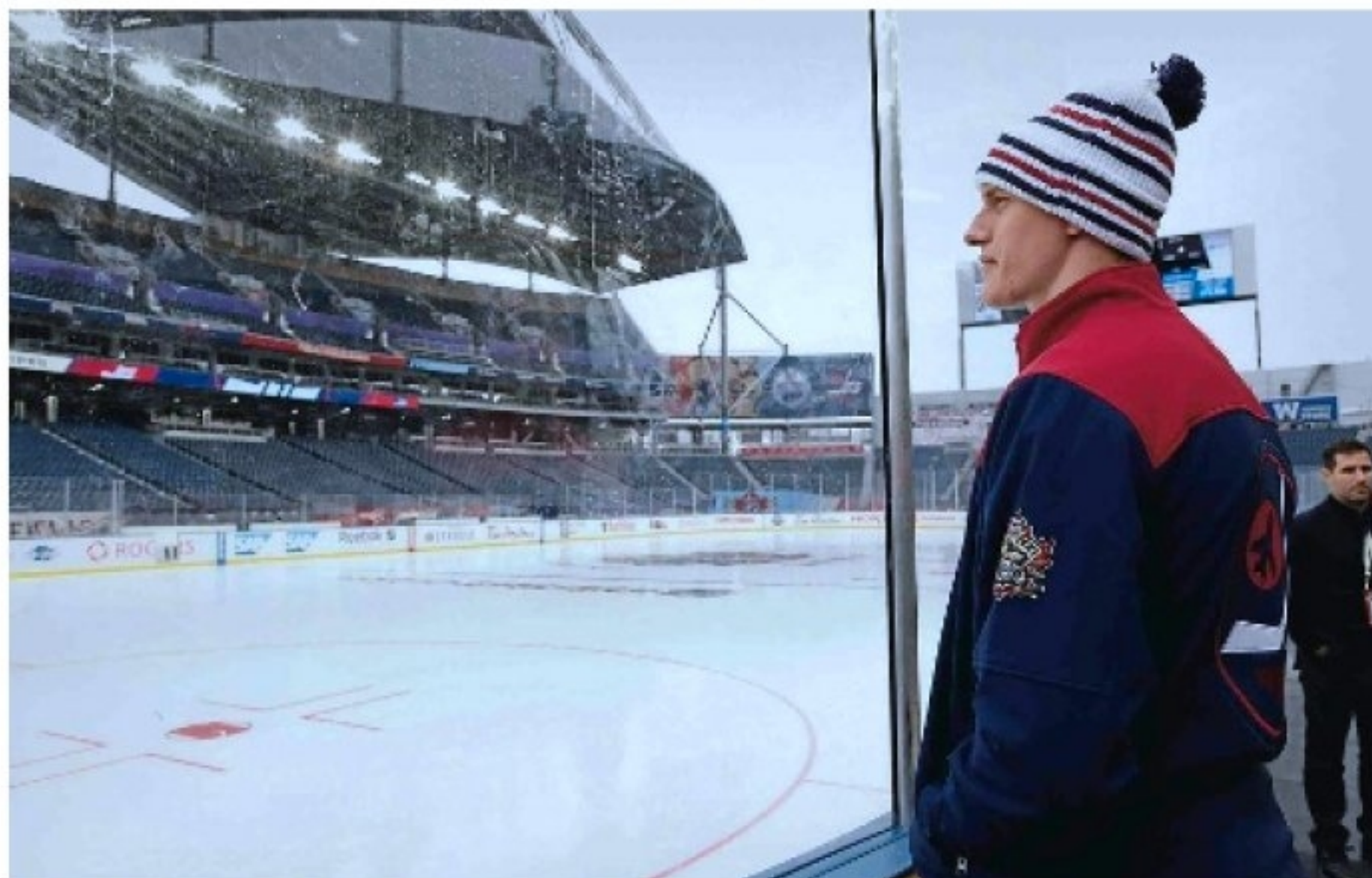
Do-it-yourself Heritage Classic weekend and party

•\$10: Ticket to the Jets and Oilers alumni open practice.

Event organizers are offering fans a chance to watch Jets and Oilers legends practice at the MTS Centre on Friday for \$10. Doors open at 11 a.m., with the Jets open practice starting at 11:45 a.m. and Oilers taking to the ice at 12:30 p.m.

•\$35: One 24-pack of Molson Canadian, the official beer of the NHL, which can be purchased from your local store.

•\$15: A 950-gram box of Pinty's



Winnipeg Jets defenceman Tyler Myers checks out the ice at Investors Group Field before speaking to the media in Winnipeg on Thursday. LYLE STAFFORD/FOR METRO

buffalo wings. (Superstore)

•\$6.97: A box (do we sense a theme here?) of Delissio Rising Crust pizza. (Superstore)

•\$2.97: A two-lb bag of Farmers Market Mini Carrot —just in case a vegetarian shows up. (Superstore)

•\$5.50: Two bags of Lay's Po-

tato Chips, which is the official chips of the Winnipeg Jets — seriously (Superstore)

•\$225-\$304: A puppy. In between periods, let your guests play with the new Jets puppy you adopted from the Winnipeg Pet Rescue Shelter.

Every season, staff at the no-kill shelter show their hometown hockey pride by nam-

ing some of their pups after Jets' players. Who wouldn't want to own Bfyuglien, the two-month-old fluffy Shepherd-Mastiff mix?

•\$30: The Pint tent party. Entrance is \$10 (but we threw in \$20 because you might want to grab a drink or some grub.

After the game, head downtown to The Pint's tent party.

The outdoor bash will happen Friday, Saturday and Sunday starting at 5 p.m. The bar says there will be live music, DJs and "special guests."

•\$25-\$35: The Strumbellas at the Burton Cummings Theatre.

End the night by dancing your pants off to the tunes of Canadian rockers The Strumbellas. There are upper-level

tickets still on sale.

•Approximate total: \$444.44

Probable costs to see the 2016 Heritage Classic

•\$420: Average price of a ticket package (with taxes) for both the Heritage Classic and alumni game, which are now sold out.

•\$115-\$204: Individual ticket to Saturday's Jets vs. Oilers Alumni Game.

•\$204-\$371: The individual ticket price to check out Sunday's game. (At least babies younger than two are allowed in for free ...)

•\$10-\$25.00: Parking pass for Investor's Group Field.

Hop on transit if you want to save yourself a few bucks and the mental energy it will take to navigate through a parking lot filled with thousands of cars.

•\$169.99: A Winnipeg Jets 2016 Heritage Classic jersey for men. (A woman's jersey is \$109.99)

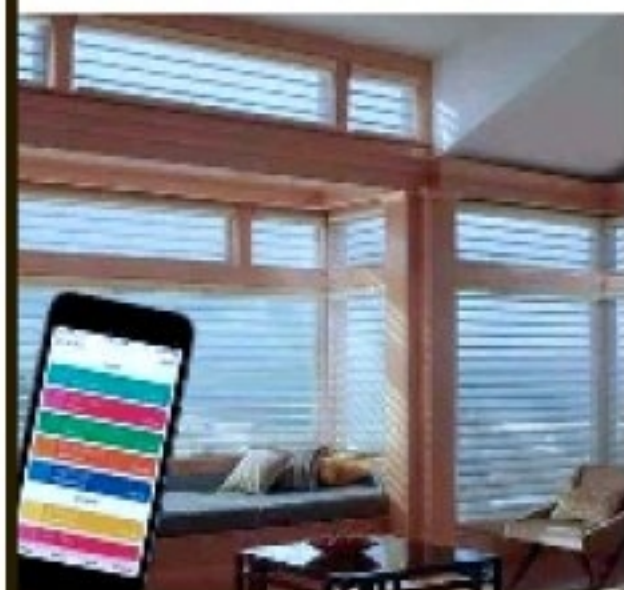
Make sure to pack a poncho and layer up underneath since Environment Canada is predicting a high of 10 C and rain.

•\$50: Five beers at IGF, which are about \$10 apiece when you include tip, because you don't want to be that person.

•\$30: You'll probably gorge on some stadium fare — if for no other reason than sustenance to stave off the cold.

•Approximate bill: \$694.99

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HUDSON'S BAY

Royal reveal for giant painting

HISTORY

Queen Elizabeth II art on display downtown for 12 hours



Jessica Botelho-Urbanski
For Metro|Winnipeg

For a single grey day, the Queen reigned over Winnipeg again.

But hoisting her to see the sky on Thursday was no small task.

"Watch the middle, watch the middle! Stop!" a woman shouted as a crew of about 15 people shimmied around the ground to pick up Her Royal Highness. Two to three men rotated on the roof of The Pint (274 Garry St.), trying to raise the massive painting with pulleys. It appeared as though the Queen's smile might warp out of place at times.

The painting of Queen Elizabeth II gained some weight since her glory days hanging in the old Winnipeg Arena. The artwork's co-owner Jamie Boy-



The Queen Elizabeth II painting formerly hung in the Winnipeg Arena made a special appearance at The Pint Thursday. JESSICA BOTELHO-URBANSKI/FOR METRO

chuk said he enlisted a carpenter to build a reinforced frame around her majesty.

Already, the artwork weighed

about 600 pounds and measured about 35 square metres.

The canvas is divided in two parts, while the frame has four

pieces.

The painting's security detail rivals that of its likeness: two Impact Security vehicles

parked on either side of the oeuvre, which was cordoned by a black velvet rope.

"The sole goal was to get it to Winnipeg, number one. It was in Toronto in storage. So I got it shipped here and the main purpose was to do exactly what we've been able to do today – to get it out in public," said Boychuk.

A crowd of about 40-50 people gathered to watch the great reveal, necks crooked and cellphones in hand, snapping photos, videos and, in Michelle Bergen's case, a livestream to 37 people on Facebook.

"To me, it's not just a painting. That's why I'm here. It's part of Winnipeg history for sure," said Bergen, who ducked out on her lunch break to watch the royal reveal. "The old Winnipeg Arena is a huge part of Winnipeg. When they tore it down, people were buying the seats, everything they could get from that building."

Boychuk noted the painting's sentimental value. The native Winnipegger remembered watching Jets games with his dad at the old arena, saluting the Queen as they sang the national anthem.

Why he's kept her highness "in an undisclosed location" for a number of years is a bit of a mystery. Thursday marked her first public appearance and first time assembly since 1999.

"It's that piece of history in Winnipeg that deserves a surprise," Boychuk said. "We thought, why not keep it a

surprise? Why tell everybody about it? The location couldn't be better (and) we've got the Heritage Classic happening."

"So (with) all the history that's rolling out, I think I probably own one of the largest pieces of Jets history."

Boychuk said he hasn't had the painting appraised, noting "it's priceless, there really isn't a value."



It's that piece of history in Winnipeg that deserves a surprise.

Jamie Boychuk

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METRO ASKS

Where will you be watching the Heritage Classic?

JESSICA BOTELHO-URBANSKI FOR METRO

I might watch it on TV. I can't afford (to go to the game). We had a number of company tickets, but I wasn't invited. It's all good.

I'm going into debt to go to the alumni game. I was like, 'whatever, once in a lifetime, right?'

I don't watch sports. I haven't watched TV for six years.

I haven't heard anything about it.



George Stevens



Ashley Jull



Jessie Zifarelli



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Ones to watch

NHL

Two highly skilled hockey generations face off



Braeden Jones
Metro | Winnipeg

The story at this weekend's Tim Hortons NHL Heritage Classic isn't just two wintry hockey

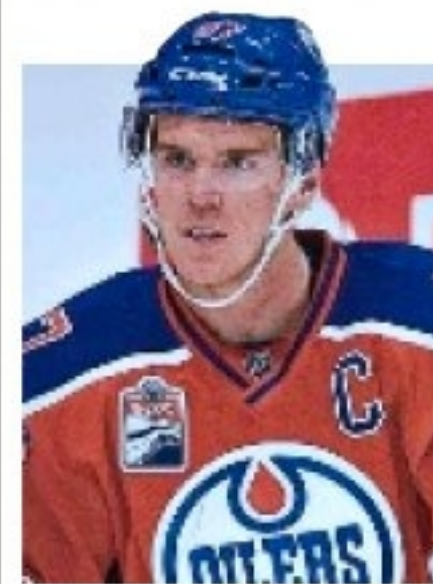
towns facing off, but also one of two different, but highly skilled, hockey generations.

On one hand, the new Winnipeg Jets and their young Finnish goal scorer Patrik Laine will become the 22nd NHL franchise to play in a regular-season outdoor game when their exciting, youthful roster clashes with another young and star-studded Edmonton Oilers team led by Canadian superstar Connor McDavid.

And if that wasn't enough, fans will also get to see the best of the original Jets, includ-

ing the Finnish Flash himself Teemu Selänne as they face off against former Oilers greats — and the Great One himself, Wayne Gretzky — who made Edmonton "the city of Champions" in a hall-of-famer-filled alumni game.

Four players — two Finns for Winnipeg and two Canadians for Edmonton — exemplify the two storylines perfectly in a mirror-like way, but there are plenty of talented players to watch on all four teams taking to the ice at Investors Group Field.



THE CANADIAN PRESS

Edmonton's young gun

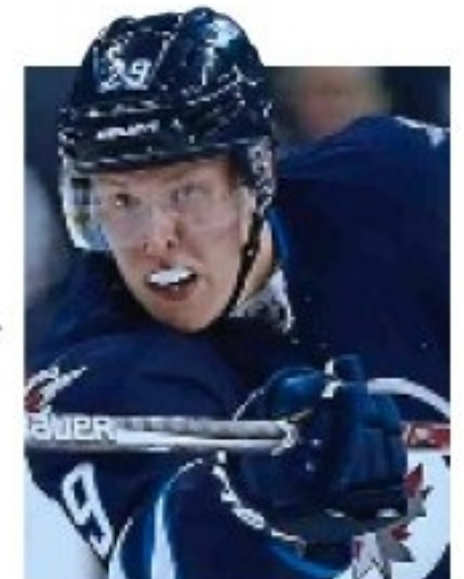
Connor McDavid, 19: a.k.a. McJesus, a.k.a. The next one. McDavid surprised no one when he went first overall in the 2015 NHL entry draft — he's widely regarded as the best player to enter the league since Sidney Crosby. In an injury-interrupted rookie season last year, the generational Canadian player had 48 points in 45 games. This year, he's got a C on his chest — making him the youngest player to ever captain an NHL team — and six points in his first four games, including some truly highlight reel-worthy goals. The Great One has called him the best 19-year-old player he's ever seen.

Also follow: Leon Draisaitl, 20, Jesse Puljijarvi, 18, Ryan Nugent-Hopkins, 23

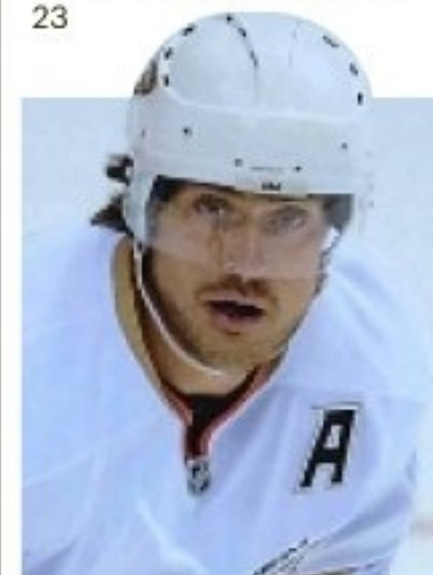
Winnipeg's young gun

Patrik Laine, 18: a.k.a. Hat-trick Laine After outstanding play in Finland's top league that earned him MVP status, the outspoken Finn felt he deserved to go first overall in 2016. But lucky for Winnipeg, Laine fell to number two when Toronto took Auston Matthews, who Laine recently upstaged in their first NHL meeting. In that game, he scored a record-setting hat trick that included the tying and then overtime-winning goal, the first time that's ever happened in franchise history. His coach said he scores like no one he's seen in 20 years, and the Finnish Flash, whose shoes he's expected to fill, tweeted he's the "new sheriff in town."

Also follow: Nik Ehlers, 20, Kyle Connor, 19, Mark Scheifele, 23



THE CANADIAN PRESS



GETTY IMAGES

Winnipeg's Hall of Famer

Teemu Selänne, 46: a.k.a. The Finnish Flash In the 1992-93 season, Selänne had an incredible rookie season in Winnipeg when he recorded an unheard-of 76 goals, eclipsing the former record of 23 goals by a Manitoba mile. He was traded in 1996, but when the Jets returned to Winnipeg in 2011 he was still in the league, still dominant, and met with thunderous cheers. He was four years older than Laine is now when he came to Winnipeg, but a hero and idol in his native Finland.

Edmonton's Hall of Famer

Wayne Gretzky, 55: a.k.a. The Great One Widely regarded as one of, if not the best, hockey player of all time, Gretzky is the NHL's all-time leading scorer, with more goals and assists than any other player. He's also the only player to total over 200 points in a single season... which he did four times. When he retired in 1999, he held 61 records. He's from Ontario, like McDavid, and many expect the latter to similarly safeguard Canada's position as a powerhouse on the national stage as Gretzky so often did.



METRO FILE

Fans toon in to the big event

HOCKEY

Local artist's salute to Jets' greats of old in lead up to game

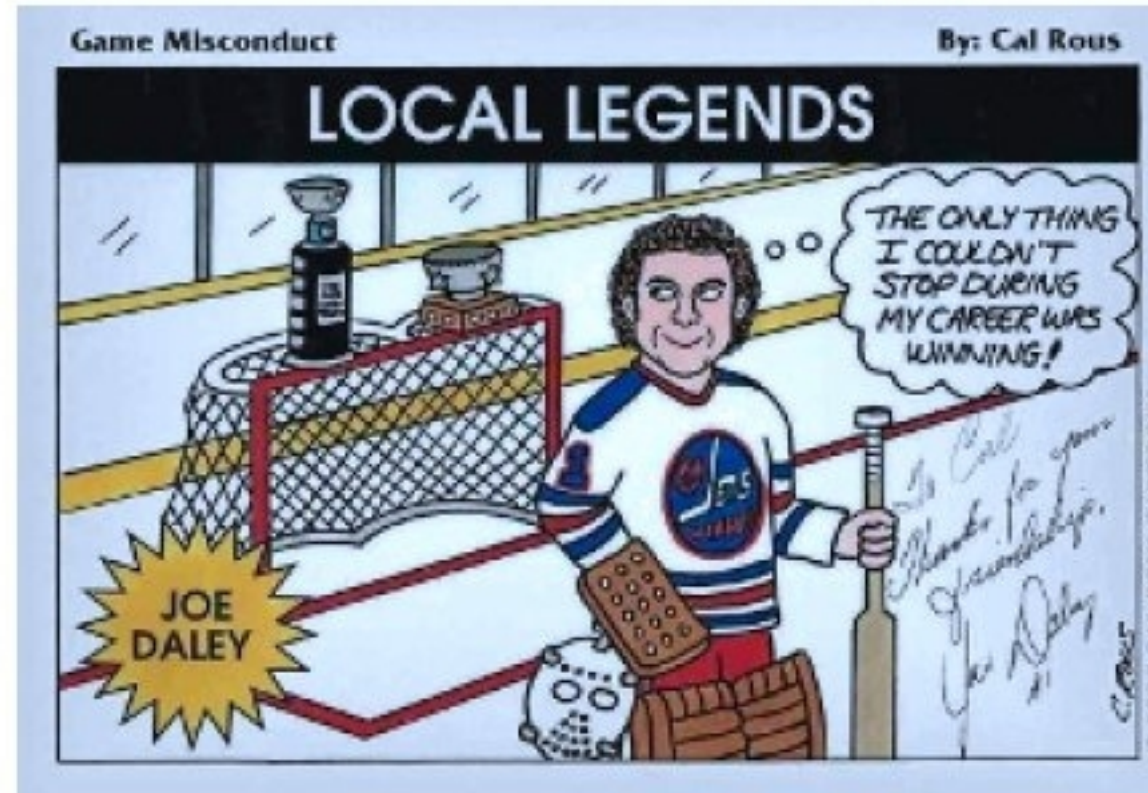
Braeden Jones
Metro | Winnipeg

Since Winnipeggers crowded Portage and Main to see the jerseys and rosters announced in August, the city has been holding its breath waiting for this weekend's Heritage Classic outdoor game.

But one life-long Winnipegger in particular literally counted down—with hand-drawn cartoons, no less.

Cal Rous' Local Legends cartoon series shared to Twitter depicts former greats from the Winnipeg Jets' glory days in bright colours along with a poetic or humorous thought bubble to deliver a fun fact about the player.

His Ab McDonald comic, for



Local cartoon artist Cal Rous's Local Legends depiction of former Winnipeg Jets player Joe Daley. IMAGES: CAL ROUS



Rous's Local Legends cartoon depiction of former Winnipeg Jets player Teemu Selanne.

instance, shows him thinking: "As the Jets first captain I led by example, and I scored the teams first goal just to prove me point!"

Rous, 49, has been drawing cartoons since he was about 10 years old.

When he was 20, he start-

ed doing hockey-themed cartoons called Game Misconduct, which spiralled into some jobs in the hockey world for clients like the players' association, AHL, IHL, college teams and some magazines.

"I am a hockey fan above all," Rous said, adding that he

was a Jets season ticket holder from 1972 until 1993 when his father, an original member of the Jets booster club since day one, passed away.

In 1997, Rous did some Jets cartoons with Joe Daley for a Children's Wish fundraiser and started the Local Legends

series. Daley had McDonald, Peter Sullivan, Bill Lesuk and Ted Green sign the cartoons for sale at his card shop, and the profits went to charity.

"For some reason I just kept drawing more players for fun and then just put them away," he said.

"I decided to start a Twitter account to post cartoons and then one day, I thought it would be a way to draw attention to the great players from the past that played for the Jets, and it would be a fun way to count down to the event."

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Stewart Redsky, former chief and current Alcohol/Drug Counsellor of Shoal Lake 40 First Nation, walks on a community-made bridge that crosses a Winnipeg city-built channel in which contaminated water flows through, in February 2015. THE CANADIAN PRESS

Road needed now, says chief

SHOAL LAKE 40 FIRST NATION

Ferry breaks down, cutting isolated reserve off entirely

The chief of an isolated reserve under one of Canada's longest boil-water advisories says construction on a road linking his community to the outside world must begin now.

Shoal Lake 40 First Nation land straddles the Ontario-Manitoba boundary and was cut off from the mainland a century ago when an aqueduct was built to supply fresh water to Winnipeg. The reserve has no all-weather road and has been under a boil-water ad-

visory for 18 years.

Chief Erwin Redsky says the First Nation's only aging ferry broke down three weeks ago, cutting off the community entirely.

This time, it was the ferry's engine. In May 2015, the ferry failed to pass a federal inspection and was taken out of service, which prompted the reserve to declare a state of emergency and fly out its elders.

The ferry resumed operation on Wednesday, but the most recent breakdown underlined the vulnerability of the reserve and

the need to get an all-weather road built, Redsky said.

"The ferry is not too reliable. Hopefully it will hang in there," he said in an interview.

"We want to do something fast. We want to do it as soon as we can while the weather is in our favour."

People who live on the reserve use a treacherous ice road in the winter and people have died falling through the ice.

In the summer, the reserve's ferry runs up to 18 hours a day.

Health-care workers and ambulances won't risk going to the community and children

have to leave the reserve to continue their education past Grade 8. A water treatment plant is prohibitively expensive, as are housing and sewer upgrades, without a road to transport the necessary equipment.

Ottawa, Manitoba's former NDP government and the City of Winnipeg all promised last December to split the cost of building what residents have dubbed Freedom Road. At the time, the project was expected to cost about \$30 million, based on an old estimate.

Construction costs have since been reassessed at about \$45 million.

Prime Minister Justin Trudeau, who called the reserve's lack of road inexcusable during the federal election campaign

\$45 million

The estimated cost to construct the Freedom Road that would link Shoal Lake 40 First Nation to the outside world.

a year ago, has reiterated his government's commitment to construction despite the increased cost.

Manitoba's new Conservative Premier Brian Pallister has said he's committed to the project as well, but provincial funding is still being reviewed. No one from the government was immediately available for comment.

Redsky said he's in talks with the federal government

to move ahead with construction on reserve land this winter while waiting for the province to follow through on its commitment.

Two-thirds of the road is on provincial Crown land but the other one-third is on the reserve and under the jurisdiction of the First Nation and the federal government.

"Why can't we do the federal portion right away while we're waiting?" Redsky said. "We're ready to go. The federal commitment's there. The federal dollars are in place. Let's get 'er going."

A spokesperson for federal Indigenous Affairs Minister Carolyn Bennett did not immediately respond to a request for comment.

THE CANADIAN PRESS



We want to do something fast. We want to do it as soon as we can while the weather is in our favour.

Chief Erwin Redsky

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Warren Huska, an Ontario cyclist uses a pool noodle to remind cars of a safe passing distance.

TORSTAR NEWS SERVICE

Noodles won't help Manitoban cyclists

ROAD SAFETY

One-metre buffer rule doesn't apply in province



Braeden Jones
Metro | Winnipeg

A bicycle commuter in Ontario gained some Internet fame last week for using a pool noodle for something other than buoyancy.

Warren Huska told Torstar News Service the noodle sticking out to the left side of his bike is meant to protect his right to a one-metre berth when other vehicles pass him on the road.

It's a novel idea, one that visually reminds drivers of legislation Ontario adopted in 2015 that explicitly requires the minimum passing distance to protect cyclists.

But in Manitoba, the Highway Traffic Act (HTA) requires drivers leave a vague "safe distance" when passing.

Local biking advocate and Can-bike safety instructor Dave Elmore said he could put a pool noodle on his bike but it would be "meaningless" in Winnipeg.

He explained the fight to make the law more specific goes "way back," and groups like Bike Winnipeg have been pushing for the metre-buffer for years.

"There's certainly been lots of chatter about it, to get this kind of change ... but it hasn't happened," he said.

Last winter, before the April election, NDP MLA Dave Gaudreau put forward a private member's bill that would have enforced that one-metre buffer, but the opposition at the time, the now-governing Progressive Conservatives (PC's), debated it until time ran out.

Elmore said he hopes to see the new government take another crack at revising the HTA.

"Progressive cities, progressive provinces are moving in this direction in order to improve things and make (biking) safer," he said.

In addition to the metre-buffer, Elmore wants to see some more specificity in bike lane positioning rules.

Currently, bikes are supposed to ride "as close as practicable" from the right curb.

"But what does that actually mean?" Elmore questioned. "When I teach, what I tell people is, 'in my personal opinion, as close as practicable means safe' — you have to make the decision as to what is safe."

If there are potholes, cracks, piles of debris, garbage bins, leaves, snow, or puddles of unknown-depth; that could mean "the middle of the lane."

He believes giving cyclists a one-metre from the curb rule and a one-metre buffer on the other side would go a long way to improving cycling safety. "But the provincial government has to make this change," he said.

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Road fatalities up



A crash on McGillivray Boulevard on Jan. 9, 2013. Manitoba Public Insurance is urging motorists to follow safety tips after releasing 2016 road fatality figures. METRO FILE

DRIVING SAFETY

High figure represents ‘more than just a number’



Braeden Jones
Metro | Winnipeg

Manitoba Public Insurance (MPI) is “putting out an urgent call of road safety action” to drivers.

With 2016 winding down, road fatalities have already reached what MPI called a “dis-

turbing total” of 85, compared to 78 for all of 2015.

That’s why the public insurer and provincial government are asking that Manitobans remember that figure “is much more than just a number.”

In a prepared statement, Crown Services Minister Ron Schuler said it represents “mothers, fathers, sons, daughters, friends, co-workers, and best friends.”

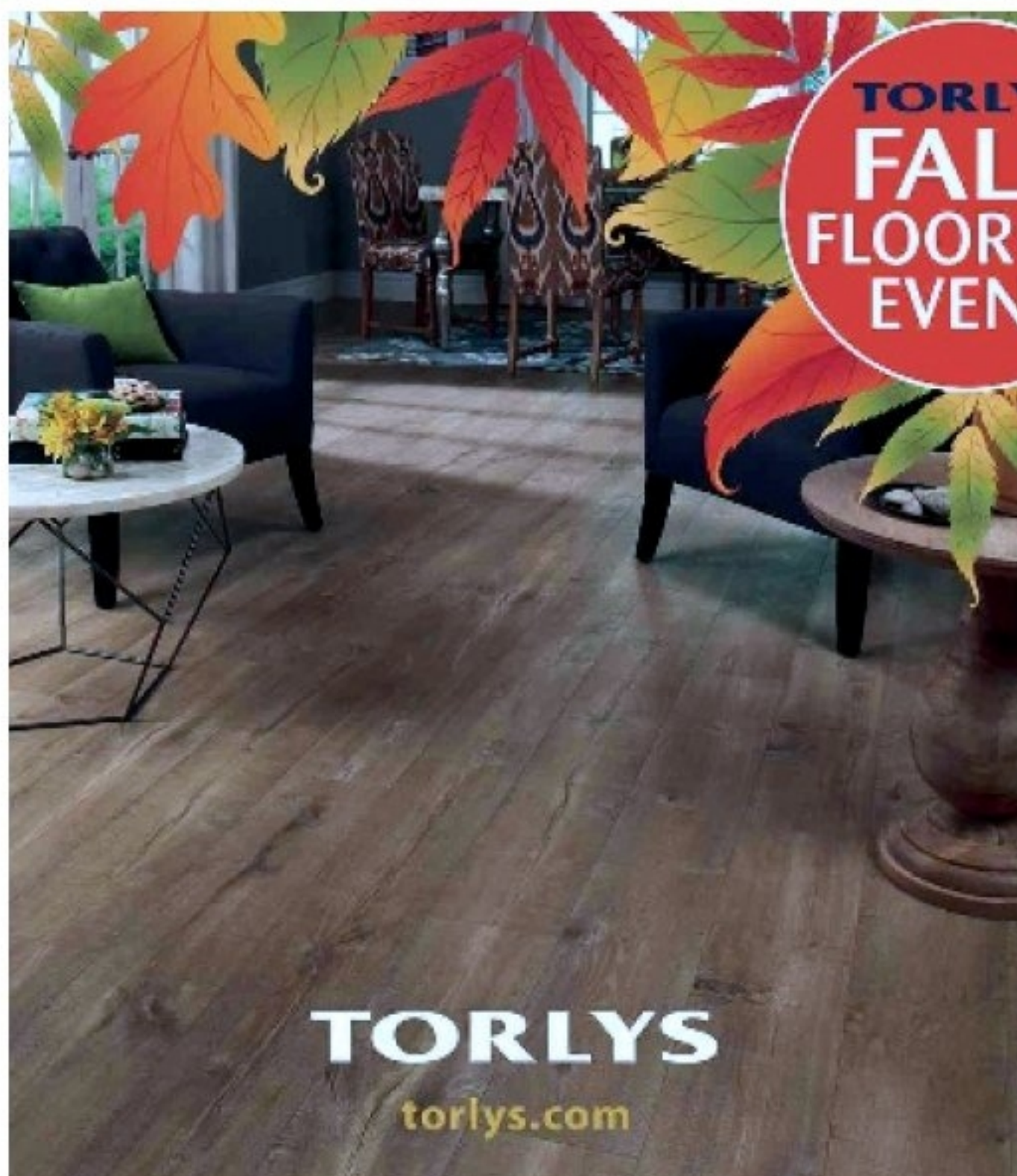
“Too often road fatalities are associated with high-risk driving behaviour—behaviours which can be changed,” Schuler said.

Safety tips issued Thursday

include simply buckling up, having a plan in place for a safe way home before heading out for an evening of partying, pulling over to text, being aware of speed limits and driving to weather conditions.

Vice-president of MPI business development Ward Keith said despite an overall downward trend in fatal collisions over the last two decades, the increase recorded in 2016 “confirms that much work still needs to be done.”

“Every motorist in Manitoba can take action today by personally committing to keeping our roads safe to travel,” Ward said.



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Scott Young, manager of the planetarium and science gallery at the Manitoba Museum, test drives the Lego brickyard on Thursday. JESSICA BOTELHO-URBANSKI/FOR METRO

Learning built brick by brick

MANITOBA MUSEUM

Lego exhibit joins moon rock, revamped race-car track



Jessica Botelho-Urbanski
For Metro|Winnipeg

A warning for Manitoba Museum visitors planning a weekend trip: don't take off your shoes.

The latest permanent display is being unveiled Friday — a Lego brickyard with several hundred thousand blocks available to play with (many of which will inevitably end up on the floor).

"I still can't believe this is my job," said Scott Young, manager of the planetarium and science gallery, as he played with — err, helped organize the Lego exhibit Thursday.

"I applied first when I was 12 and they didn't hire me. I don't know why," the 45-year-old said. He's been working at his dream job since 1999.

Young expects the new Lego-sponsored exhibit will draw youngsters and adults. He considers Lego to be a great inter-generational toy, which helps teach math literacy, physics and engineering.

Two more exhibits are slated to open at the museum within the year, one of them a revamp of a beloved classic and the other literally coming from out of this world.

In December, NASA is providing a piece of moon rock collected during the Apollo 17 expedition in 1972 to put on dis-



The Lego-sponsored exhibit will likely draw youngsters and adults alike. JESSICA BOTELHO-URBANSKI/FOR METRO



I still can't believe this is my job.

Scott Young

play, sealed in a glass pyramid.

Another word to the wise: don't try to touch the moon rock.

"NASA says (the rock) is priceless, but to redo the Apollo mis-

sion would cost about \$100 billion. So needless to say we're going to be quite careful with it," Young said.

Their most popular exhibit — the racetrack in the science gallery — is also getting a makeover, with a streamlined car-making process for kids, the addition of bleachers for people to watch races from above and the inclusion of an actual race car for photo-ops, Young said.



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SAGE CREEK

5 THINGS TO DO IN WINNIPEG THIS WEEKEND

If you're not catching on to the Heritage Classic craze, there's still lots of fun to be had in this city. **LUCY SCHOLEY** METRO



THE ASSOCIATED PRESS

1 An 'eye-opening' play

So says Time Magazine. Those who read the *Curious Incident of the Dog in the Night-Time* — Mark Haddon's bestselling mystery — can now see the live version. Fifteen-year-old Christopher, "a mathematician with some behavioural difficulties," discovers a neighbour's dog dead with a pitchfork speared through its body. Catch the first weekend at the Royal Manitoba Theatre on Friday at 7:30 p.m. and Saturday at 4 and 8:30 p.m. Tickets start at \$26.50 and the show runs until Nov. 12.



THE CANADIAN PRESS

2 The Secret Path

The University of Winnipeg is co-hosting a free screening of Gord Downie's new solo project, *The Secret Path*, on Sunday. Downie's latest project documents the final days of Chanie Wenjack, a 12-year-old boy who froze to death after fleeing the Cecilia Jeffrey Residential School in Kenora, Ont., in 1966. The university is also screening a CBC documentary featuring Downie and Wenjack's sister, Pearl. The Eckhardt-Gramatté Hall doors open at 7:30 p.m.



CREATIVECOMMONS.ORG

3 Craft-ernoon

Halloween hasn't even arrived yet, but the Old Fashioned Craft & Art Sale is already suggesting that you start your Christmas shopping. Local art and homemade baked goods will be up for grabs at the Fort Garry United Church on Oct. 22 from 10 a.m. to 3 p.m. Admission is a mere \$2 and kids 12 and under get in for free.



JOSH GOLDMAN

4 Spirits in my head

The Strumbellas — lately known for its ear-catching hit *Spirits* — is coming to the Burton Cummings Theatre on Sunday at 8 p.m. Tickets for Lindsay, Ont.'s favourite folky-pop troop start at \$25.

5 Flying south

It's the last weekend to watch thousands of geese flock to FortWhyte in their migration south for the winter. Head to the park at 6 p.m. on Friday, Saturday and Sunday for a presentation before the geese land at the park. Admission is \$5 after 5 p.m., or \$20 per carload.



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Cyberbullying 'mutes' voices

SAFETY

Harassment has effects beyond online



David P. Ball
Metro | Vancouver

A disturbing one-third of Canadians who use social media have been harassed or bullied online, according to a new poll — and for a quarter of them, the effects are being downloaded into their 'real lives.'

With just 11 per cent of the country not yet on Facebook, Twitter or other networks, an increasing number of people are finding themselves essentially silenced by the trolls, the Angus Reid Institute study found.

"It certainly mutes voices that might otherwise be heard," explained the non-profit polling organization's executive director, Shachi Kurl, in a phone interview. "Six-in-ten people on social media say they're not going to share things, deleting a tweet, removing a picture, or

60% 25%

Of Canadians who use social media, 60 per cent have been harassed or bullied online, according to a new poll.

deciding to not post something because they want to avoid unwelcome responses.

"They're self-censoring because they're worried about what the backlash could be, particularly from trolls."

This year, Ghostbusters star Leslie Jones was forced to leave Twitter after being hounded by thousands of trolls online waging a relentless online attack on the Black actor.

In Canada, elected Saskatchewan politician Ben Kautz apologized and resigned after he made a Facebook comment about the shooting of a young First Nations man in front of his three friends by a white farmer, saying, "His only mistake was

leaving three witnesses."

The results of the survey of Canadians were even worse among LGBTQ social media users — 58 per cent of whom reported being harassed on the platforms — 38 per cent of visible minorities, and nearly half of users age 18 to 34.

"Only 10 to 11 percent of Canadians say they're not using social media at all," Kurl said. But she emphasized that it's a myth that online bullying can be simply ignored by logging off.

"Of those who say they've been harassed on social media in some way, about one-in-four say it's actually followed them into their real lives," she said,

Of Canadians who have been harassed on social media, one in four say the effects of have seeped into their real lives.

"and it's a little higher for women than for men.

"There can be a sense of minimizing it, 'It's just on social media, it's not real' ... the notion that it's just a screen, not a person. But there's a real-life impact to this."

Among women on social media, the poll found 28 per cent said "their experiences with harassment on social have had an impact on their real lives," nine points more than for men.

The ways online harassment is impacting people offline include changing real-world habits after receiving threats (57 per cent), one-third who found it affected their relationships with family or friends,

and nearly as many who "received unwelcome phone calls/messages/texts" (31 per cent).

More than one in ten victims on online harassment said they were followed or stalked "in person," while eight per cent said they had to change their place of work or school afterwards.

Kurl said that Canadians appear to be not taking the abuse quietly, however; the majority called for social media companies to do more in combatting bullying on their platforms.

The Angus Reid Institute poll surveyed 1,530 Canadians online, and had a margin of error equivalent to 2.5 per cent, 19 times out of 20.

JUSTICE

24 new judges named

Justice Minister Jody Wilson-Raybould appointed or promoted 24 judges Thursday as she unveiled sweeping changes to the way jurists in this country are appointed.

"We're confident that it is going to result in (a) diversity of candidates putting their name forward," Wilson-Raybould said of the overhauled appointment process, which had become a source of controversy in recent years.

The Liberal government had been under increasing pressure — including from Supreme Court Chief Justice Beverley McLachlin this summer — to fill empty seats on federal benches, a backlog that had climbed to 61 vacancies.

The situation in Alberta was becoming especially dire. Court of Queen's Bench Chief Justice Neil Wittman repeatedly warned that vacancies were causing trial delays, with wait times for criminal cases of more than a year — more than two years in civil matters.

In Edmonton earlier this month, the case of a man charged with murder in a prison stabbing was tossed out because it took more than five years for the trial to start — a violation of his right to have his case heard within a reasonable time.

The new appointments include five to Alberta's Court of Queen's Bench, which is also losing two of its existing judges to the province's Court of Appeal.

Six appointments are in Ontario — including one promotion from Superior Court to the Ontario Court of Appeal — as well as three each in British Columbia, Manitoba and Nova Scotia, one in Quebec and one to the Tax Court of Canada.

THE CANADIAN PRESS

POLITICS

Trudeau 'deeply committed' to electoral reform

Justin Trudeau says he remains "deeply committed" to reforming the voting system.

The prime minister reaffirmed his commitment Thursday, one day after he appeared to be preparing to renege on his promise that the 2015 federal election would be the last conducted under the first-past-the-post process.

"I think it's important that a country as forward thinking and constantly improving and evolving as Canada is alert to opportunities to improve our systems of governance and the

way we pick our governments," Trudeau said after taking part in the official opening of Amazon Canada's new warehouse and distribution centre in Brampton, Ont.

"And that's a commitment we made in our election that I continue to be deeply committed to."

Trudeau's reassurance was in contrast to an interview published Wednesday in Montreal's Le Devoir newspaper, in which the prime minister said that any major reform to the voting system will require "substantial"

support. At the same time, he opined that the public clamour for reform has subsided since the Liberals defeated Stephen Harper's Conservatives one year ago.

"Under the current system, (Canadians) now have a government they're more satisfied with and the motivation to change the electoral system is less compelling," he told Le Devoir.

The interview touched off accusations that Trudeau is preparing to abandon his campaign promise to scrap first-past-the-post, a widely criticized voting

system that resulted in Trudeau's Liberals winning 54 per cent of the seats in the House of Commons despite capturing less than 40 per cent of the popular vote.

NDP democratic reform critic Nathan Cullen told the Commons that the prime minister seems to think "that because he won the last election the system must now be perfect."

"Canadians are tired of self-serving politicians making promises just to get elected," he added.

In Brampton, Trudeau noted that the government created a

special all-party committee to explore alternative voting systems and sort through the wide range of different perspectives and proposals for reform. That committee is to report back with its recommendations by Dec. 1.

"I'm not going to preclude the arguments that they will be making and conclusions they will be drawing, but I will simply say I look forward to hearing those perspectives and looking at how Canadians wish to move forward on changing our electoral system," he said.

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From 'truthiness' to 'Trumpiness'

In today's world, facts seem to be anyone's game.

Between the American election, the Brexit referendum and the fissure in the Knowles-Carter household, it's hard to know what to believe anymore.

In the third and oh-God-when-will-this-end final debate, Donald Trump didn't seem to know the difference between late-term abortions and birth. "In the ninth month," he said, "you can take the baby and rip the baby out of the womb of the mother." According to him, this happens "as late as one or two or three or four days prior to birth."

Despite his five kids and a stated passion for female anatomy, Trump doesn't seem to be aware that he is describing the regular process of a C-section. Although he's proven he knows nothing about women's health, Trump feels like he can have an opinion



THE ASSOCIATED PRESS

on women's bodies.

On The Colbert Show, "truthiness" held that a fact was true if someone deeply believed it. Colbert recently updated it to "Trumpiness:" a fact is true if you hold it much deeper in your gastrointestinal system — somewhere not fit for broadcast.

Having waited for the computers to spontaneously combust at the millennium, we should have known that nothing and no one could be trusted as of day one of the year 2000. Especially not the machines.

Computers have sped the post-fact world into hyper-

drive with the availability of fast, small and easy-to-use phones and computers.

On the Internet, it's easy to silence disagreement and confirm your own biases.

It's a phenomenon that happens offline as well.

A 2008 Yale study, for example, asked participants about the safety of nanotechnology. When they had scant information, their opinions were all over the map. Yet, when given more information about nanotechnology's risks and benefits, participants "became highly divided" according to their existing ideological biases.

Online, however, it has become rapidly beneficial to assert opinion as fact.

Buzzfeed and the New York Times have reported on the rapid growth of hyperpartisan Facebook pages. Pages like Eagle Rising and Occupy

Democrats share memes and photos with stories that are often false or misleading. Millions of followers share the pages with friends and family. These pages might just disappear after the election. But, on the night of the third debate, Trump TV launched on Facebook to over 8 million views — and the fact-free life became just a little more permanent.

Partisanship at the expense of facts isn't just an American phenomenon. During Brexit, the Leave Campaign promised 350 million pounds a week for Britain's health system. After they won, they denied ever making the promise.

Where facts are anyone's game, we can't be far away from Donald Trump declaring war on Genovia, the fictional nation from The Princess Diaries.

Nasty women unite



Rebecca Chiu
Metro | Toronto

When Donald Trump blurted into his mic on Wednesday night, telling Hillary Clinton she was "such a nasty woman," he probably didn't anticipate the type of social media reaction that followed.

Soon after, the hashtags #ImANastyWoman and #NastyWoman spiked. Women were either talking about being "nasty" themselves, or using the topic to take down the Republican candidate on his other sexist comments.

The Clinton campaign grabbed hold of the opportunity, tweeting out a comparison between Trump's comment to the candidate's earlier statement that "nobody respects women more than me."

It seems one Clinton supporter even purchased the domain nastywomengetshitdone.com, directing it to the Democratic presidential candidate's campaign website.

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HEALTH

Canadian doctor clarifies how abortions actually work



Genna Buck
Metro | Toronto

As she listened to Donald Trump describe Hillary Clinton's views on abortion as, "In the ninth month you can take the baby and rip the baby out of the womb of the mother just prior to the birth of the baby," at the U.S. presidential debate on Wednesday, Dr. Wendy Norman was disappointed, but not

surprised.

"The inaccuracies are glaring and obvious and they are akin to many inaccuracies we've heard from this particular candidate," said Norman, a family physician and chair of Family Planning Public Health Research at the University of British Columbia.

The terms "partial-birth abortion" and "late-term abortion," which the moderator used in his question, are not medically accurate, Norman

explained.

"The word 'term' refers to the time between 37 weeks and 42 weeks, when it's safe and normal for a baby to be born. There are no abortions happening then ... and abortions are not 'birth' processes," she said.

What pro-life advocates call "partial-birth abortion" is an intact dilation and extraction. It's used most often in second-trimester abortions (13-27 weeks of pregnancy)

when there's been a diagnosis of devastating or fatal birth defects and an autopsy is needed or parents want a body to grieve over.

The procedure is perfectly

legal in Canada, but banned in the U.S., with a few exceptions.

"These are necessary procedures," Norman said. "Women who are unfortunate enough to be faced with this decision at that point in their pregnancy usually have a number of calamities."

Rarely, the fetus is fine but the mother has faced "significant barriers to access care," like severe domestic violence, incest, or being so young that the pregnancy was diagnosed

late because the girl had "no idea what was happening," Norman said.

Canada has gotten better at providing access to abortions in the second trimester over the past decade, she added, but there's room to improve.

In contrast to the United States, "society in Canada has always supported the best health for women and families ... we base policy and the provision of care upon the best evidence."



Iraqi soldiers raise their weapons in celebration on the outskirts of Mosul on Thursday. THE ASSOCIATED PRESS

Mosul fight escalating

IRAQ

Special forces join the battle as U.S. sees first campaign death

In a significant escalation of the battle for Mosul, elite Iraqi special forces joined the fight Thursday, unleashing a pre-dawn assault on an Daesh-held town east of the besieged city, and the U.S. military announced the first American combat death since the operation began.

U.S. officials said the American service member died Thursday from wounds sustained in a roadside bomb explosion north of Mosul. More than 100 U.S. special operations forces are embedded with Iraqi units in the offensive, and hundreds more are playing a support role in staging bases.

The American had been operating as an explosive ordnance disposal specialist in support of the Iraqi Kurdish force known

as the peshmerga, the U.S. officials said, speaking on condition of anonymity because they were not authorized to publicly discuss details.

Roadside bombs and other improvised explosive devices pose a particular danger to advancing Iraqi forces and the U.S. advisers who are with them. The Islamic State group, which has occupied Mosul for more than two years, has prepared extensive defences in and around the city.

As they charged toward the town of Bartella, 15 kilometres from Mosul's outskirts, the Iraqi special forces faced another favoured weapon in the Daesh arsenal: armoured trucks packed with explosives and driven by suicide bombers. The militants' signature battlefield tactic, the weapons offered a glimpse at what Iraqi forces can expect as they close in on the extremists' biggest urban bastion.

The pre-dawn assault on Bartella was part of a multi-pronged operation on eastern approaches to Mosul. THE ASSOCIATED PRESS

ALEPPO

Under fire while escaping

The Russian military says that in the first day of the pause in fighting over the Syrian city of Aleppo, the corridors set up for civilians to escape the besieged city and for

rebels to make safe passage came under consistent fire. A statement Thursday from the military gave few details, but it said eight wounded rebels were able to safely leave the city. THE ASSOCIATED PRESS



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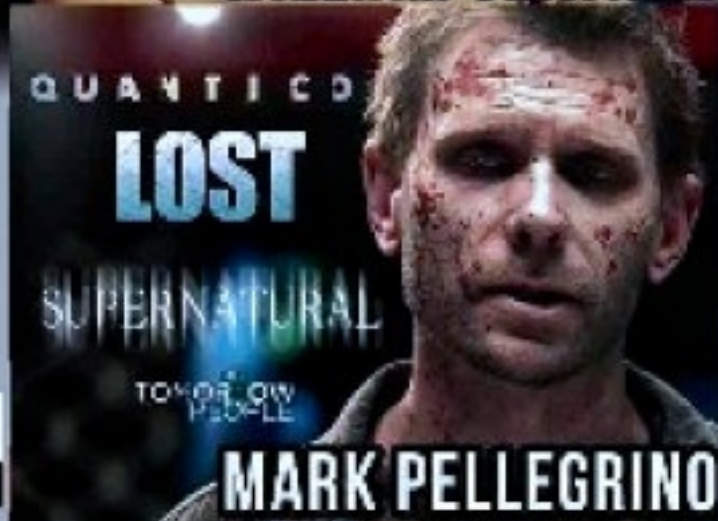
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YOUR FLU SHOT QUESTIONS, ANSWERED

We asked Metro readers what they want to know about the flu shot, and their reasons for not getting the jab. We put them to expert **Dr. Allison McGeer**. She says you shouldn't throw away your shot to fight flu.

“Why are scientists so bad at choosing the strain for the flu shot? Last year it was 45-50 per cent effective; in 2014-2015 just 23 per cent.” The World Health Organization chooses the strains. They're actually really good at it. It's just hard. Influenza viruses are changing all the time. It's how they escape our immune system. There are billions of influenza viruses, and WHO experts have to predict the one that's going to be the most common next year. 156 countries have a national lab that selects new and different viruses to send up to the WHO so they can test them and look at the direction viruses are going in. They're getting better. But it takes six months to make a flu vaccine.

“How fast do flu viruses change?” Depends on the strain. H1N1 doesn't change that much. But H3N2 can change a lot in a month. It doesn't always. But it changes enough that often, within a year, we give the virus a new name. And that's an indication that it's changed enough to pretty much infect everyone in the world again.

Got the flu?

Runny, stuffed-up nose, sore throat and a bad cough could be signs of influenza or a less dangerous virus like the common cold. These are telltale signs of flu:

- ☐ Sudden high fever (39-40 C or 102-104 F)
- ☐ Severe headache
- ☐ Severe body aches
- ☐ Extreme fatigue
- ☐ 7-10+ day recovery
- ☐ Sometimes nausea, vomiting and diarrhea (especially in children)

Source: Public Health Agency of Canada



Allison McGeer is head of infection control at Mt. Sinai hospital. She has been part of Canada's National Advisory Committee on Immunization and a consultant to the World Health Organization. TORSTAR NEWS SERVICE

“We just don't respect influenza”
Dr. Allison McGeer

“Does it matter when you get the shot? Early or close to flu season?” There's a lot of argument about that. If you're young and healthy, it probably doesn't matter. If you're older, it's probably better to get it a little closer to flu season. So I wouldn't get it in August, but the difference between October and November is probably not significant.

“I'm afraid the flu shot will weaken me for when the superbug wipes out mankind. I prefer to develop my own antibodies.” That's like saying “I want to swim across lake Ontario, and it's better if I don't practise.” A vaccine allows your immune system to train itself to fight a particular bug. Illness does give you immunity and protection going forward, but then again so does vaccination. There's nothing different about being 60 per cent protected by illness and 60 per cent protected by the vaccination. And if you get infected, you get sick.

“Why does the flu shot give me a sore arm?” Because your immune system is reacting in that area to the vaccine. Taking Tylenol before getting the needle works better for pain than waiting until afterwards.

BY THE NUMBERS

~1 in 3 cases of flu-like illness is influenza virus.



“I got the flu shot last year and I still got the flu four times. What's up?” The flu shot only prevents influenza. And influenza is about a third of influenza-like illness. You can get the flu vaccine and still get what feels like flu a couple of times a year. If you're judging the effectiveness of the shot based on your experience, you're trying to measure a one-third reduction in flu. It's just not possible to tell that's happening. You don't wear your seat belt because of your own personal experience in a car crash. You have to get the shot because you know the data shows it works and that if you do get flu, you'll be less sick.

“Aren't you basically injecting me with a strain of the flu? How is it impossible for it to make me sick?” The only vaccine that has live virus is the nasal spray. We've never used much of that in Canada. The injectable ones have no live virus, just pieces of viruses. No way you can get the flu from that.

“The flu shot is 50 or 60 per cent effective in a good year. Why bother?” I don't expect anything else in my life to be 100 per cent effective. The flu vaccine is way less than perfect. There are some other things you can do — wash your hands, make sure people stay home if they're sick, practise respiratory etiquette — but there is not as good evidence for them as there is for the vaccine.

“Do deaths and hospitalizations go down when there is universal flu vaccination? Is it worth it?” There's an analysis of the impact of the universal flu vaccine in Ontario by a guy called Jeff Kwong. And he found the program is cost effective. (Kwong's 2010 study showed that universal flu shots caused a 61 per cent reduction in flu cases and 28 per cent reduction in deaths, as compared to a program where only high-risk people get flu shots. The net cost to the health care system was \$2.60 per shot).

“In 2014-2015, people who got the flu shot every year were actually more likely to get the flu than others. How did that happen? And how can we make sure it doesn't happen again?” We've been making and using influenza vaccines pretty reliably since the early 1940s. And the 2014-2015 flu season was the first time we had this degree of mismatch (the wrong strain of H3N2 flu was chosen). It's not very likely to happen again. As with most disasters, it's not just one thing that went wrong. There was also a problem adapting that particular strain (for the vaccine). We learned that if the change in the virus is just right, if you get vaccinated in two years, your protection in the second year is not as good as the protection of a person who did not get vaccinated last year but did get the vaccine this year. This doesn't happen every year. And in our (forthcoming) study of health care workers, those who had the vaccine for 20+ years were as well protected as those who had been vaccinated less often.

Why eggs?

Flu shots contain traces of egg because an egg is just a better way to grow viruses than anything else we had when we started making flu vaccines. We're getting close to alternatives, but we're not there yet. — Dr. McGeer

“Zinc, echinacea, Vitamin C, Vitamin B, ginger — any truth to these earthy alternative flu treatments?” There is no evidence that any of those things reduce either the frequency or severity of symptoms. Wish they did, but they don't.

“Why are people so skeptical about the benefit of flu shots?” You worry about things that are foreign and strange and rare, not things that are common. We just don't respect influenza. As a healthy adult, for example, I'm more likely to die of flu than meningitis. Meningitis is uncommon, but if you get it it's really bad, so that makes it very scary.

This interview has been edited and condensed for clarity.

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I fought the Raging Boll — and lost

ESSAY

Filmmaker got his revenge for scathing reviews

Chris Alexander
For Metro Canada



The following is a true story.

Ten years ago, I was passing the time as one of the myriad know-it-all critics making sport of Uwe Boll's career. He was fun to kick around. Easy prey. And even more confounding than his movies was his loud, vulgar, cartoonish persona. He was like strange cinema's answer to Donald Trump and I, along with dozens of others, had a ball with our Boll-bashing.

Eventually, Uwe had had enough and he put out a public call to his detractors to "put up or shut up," to literally fight him in the boxing ring in a highly publicized stunt dubbed "Raging Boll."

The spirit of Andy Kaufman was alive and well and living in a five-foot-tall German filmmaker.

Naturally, I signed up. And surprisingly, I was the only Canadian chosen to be his opponent. And while most of the other 'net scribbling numbskulls' perceived this to be a lark, I didn't.

Well, I did, but I knew Boll was a bit nuts. And I knew he had actually boxed back in the Fatherland.

So I trained. I hired a boxing coach named Wayne Borque, who had helped train the fighters in the film *Cinderella Man* to teach me some moves.

I punched stuff. I did ridiculous amounts of cardio. I went on MTV to promote the fight and adopted a horror nerd version of a Mohammed Ali mantra: "I'm gonna put Boll to bed for House of the Dead! He's gonna feel pain for making BloodRayne! You've heard of the Thrilla in Manila? This is the Maneuver in Vancouver!"

And indeed I and three other idiots were flown to Vancouver, to the Plaza of Nations, to actually fight Boll in front of a crowd of hundreds, most of them friends of Boll's (including actors Michael Pare and Kristianna Lokken) along with members of the curious international press. I watched the other shmucks get their rumps handed to them, shocked that the stocky and muscle-bound Boll was actually playing to win and punching to hurt. I saw them all fall. One of them vomited.

And then it was my turn.

I jumped in, fists flying. The crowd roared. I blocked punches, danced around and landed more than a few blows of my own, getting Boll up against the ropes. It was a fair fight!

At the end of the first round, my corner man gave me a water bottle that was actually filled with fake blood.

I guzzled the bitter fluid and when the bell rang I jumped back in. I waited. I let Boll hit

me. I spat the blood at him. The crowd cheered thinking that the gore was real.

The ref asked me if I wanted to end the fight and I told him that the blood was in fact phony. Boll was not happy with the gag and came at me with a haymaker shot to the skull.

Down I went. I got back up, dizzy, and came out again. Another clobbering blow to the head sent me crumpling to the mat. I didn't get up after that. Fight over.

But oddly, after this, Uwe respected me. I was playing to win, taking the blows, just like he did, every day, putting his balls on the block with every film he was making.

He actually invited me to his beach house the next day and I was astonished to learn that he was incredibly intelligent and knew virtually everything about cinema history.

We became friends. I'd like to think we still are.

Recently, I came home and my nine-year-old son Jack said some dude who talked funny called and was asking for "Creees Al-ax-andah."

Jack had hung up, thinking it was one of those pesky telemarketers.

That dude was in fact Uwe Boll. Long may he rage.



A decade ago, Chris Alexander (inset) fought Uwe Boll in a boxing match in Vancouver. Boll challenged critics who'd used him as a punching bag to step into the ring with him. GREGG SEGAL

INTERVIEW

Director Uwe Boll's Rampage of terrible films is finished

Richard Crouse
For Metro Canada



The critics won't have Uwe Boll to kick around anymore.

The German filmmaker, who once played Adolph Hitler in an action comedy film called *Blubberella*, is best known for adapting video games like *House of the Dead*, *BloodRayne* and *Dungeon Siege* into movies.

He's never had an easy ride with reviewers — the San Francisco Chronicle's Peter Hartlaub called *Alone in the Dark*, "a film so mind-blowingly horrible that it teeters on the edge of cinematic immortality" — and earned the nickname The

Raging Boll after challenging his worst critics a "put up or shut up" boxing match.

He knocked out each of his four opponents, landing a blow for anyone who has ever suffered a bad review.

Now he's done. The release of *Rampage: President Down* is his swan song, the final film he will direct he says, in part, because his politically charged movies have "no impact."

"Rampage 3 will be watched on Netflix, DVD or iTunes or whatever," he says.

"They'll say, 'That wonderful movie! I liked it blah, blah, blah,' then watch *Avengers*. With streaming everywhere there is just a big wave of mov-



Rampage: President Down, will be Uwe Boll's final film, he says. "The market is dead. You don't make any money anymore on movies." CONTRIBUTED

ies flooding around and you have no impact."

"The market is dead," he adds, "you don't make any

money anymore on movies because the DVD and Blu Ray market worldwide has dropped 80 per cent in the last three

years.

"That is the real reason; I just cannot afford to make movies."

"I can't go back to student filmmaking because I have made so many movies in my life, and I can't make cheaper and cheaper movies at my age. It's a shame. I would be happy to make movies but it is just not financially profitable."

Boll says he's been self-financing his films for over a decade. "I never had people giving me money," he says.

"I've been using my money since 2005 and if I hadn't made the stupid video game based movies I would never have amalgamated the capital so I could say, 'Let's make the

Darfur movie.' I don't need a Ferrari, I don't need a yacht. I invested in my own movies and I lost money."

He may have gone in the hole on films like *Attack on Darfur* and *Assault on Wall Street*, but he's proud of their grit and realism.

"It's way better than *Wall Street 2* by Oliver Stone," he boasts. "It's better researched, it's better written, it's better, but it doesn't have Michael Douglas."

He says his movies are concrete, as they portray "real issues."

"It's not *Jason Bourne* or any bulls— movie where they make stuff up. My movies are real."



Elizabeth Reaser, Lulu Wilson and Henry Thomas in *Ouija: Origin of Evil*, which tells a terrifying new tale as the follow-up to 2014's sleeper hit that opened at number one. UNIVERSAL STUDIOS

Ouija board: An occult film history

IN FOCUS

Spirits make their presence known in very horrific ways

Richard Crouse
For Metro Canada



For almost 100 years Ouija Boards have caused trouble on the big screen. From the 1920 movie *Ouija Board* to this weekend's *Ouija: Origin of Evil*, characters have used witchboards to communicate with the dead to disastrous results.

The most famous Ouija design features the alphabet, numbers from zero to nine, and the words yes, no and goodbye printed on the board in an elaborate font. The spirits use a wooden heart-shaped planchette or a pointer to answer the living's questions from beyond.

Changes have been made to the basic design over the years. There have been glow-in-the-dark versions, a pink board marketed to teen girls and one with a light up planchette that illuminates the board's hidden messages. Whatever the look, the spirit board has also been a springboard for many movies.

The 1960 film *13 Ghosts* begins when a wealthy occultist bequeaths his home to his nephew. In a scene that almost plays like a commercial for Ouija, the home's new residents soon discover a spirit board.

"Ouija, the mystifying oracle," says Medea (Jo Morrow), "the most modern method of fortune telling. Anyone want

to try it?" They gather round the board and ask, "Are there any ghosts in this house?" The answer is yes and soon the spirits make their presence known.

The kitschy movie was a hit and helped spark the Ouija craze of the 1960s, which hit a high in 1967 when sales of the talking boards surpassed Monopoly. "In the late 1800s continuing all the way into the 1960s, the Ouija board was considered good, clean, family fun," says designer Roman Mars. Then in 1973, along came a movie that scared audiences and consumers alike.

The *Exorcist*, the most famous of all demon possession movies, is based in part on the 1949 case of an anonymous Maryland teenager. The Catholic Church declared the boy to be under a diabolical spell when strange things started happening — levitating furniture and holy water vials crashing to the ground — after he played with a Ouija board.

In the famous film a teenage girl is possessed by a demon after she finds an old Ouija Board in a closet. Playing with the board, she encounters Captain Howdy, a.k.a. Pazuzu, king of the demons of the wind. "I ask the questions and he gives the answers!" she says before her head starts spinning.

Ouija historian Robert Murch compares *The Exorcist*'s effect on the decline in popularity of the boards to a famous thriller's influence on everyday hygiene.

"It's kind of like *Psycho*," he says. "No one was afraid of showers until that scene."

Immediately following the release of *The Exorcist* witchboards were suddenly perceived as an instrument of the devil, a conduit between demons and regular folks.

“In the late 1800s continuing all the way into the 1960s, the Ouija board was considered good, clean, family fun

Roman Mars

MOVIE RATINGS by Richard Crouse

Jack Reacher: Never Go Back ★★★
 Ouija: Origin of Evil ★★★
 Keeping up with the Joneses ★★
 Mean Dreams ★★★
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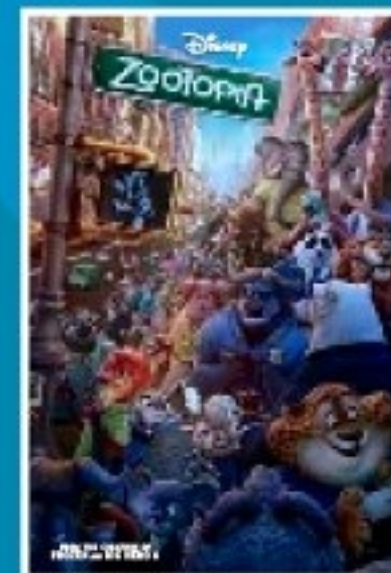
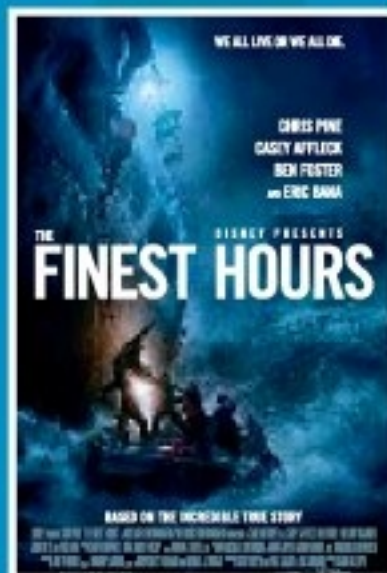
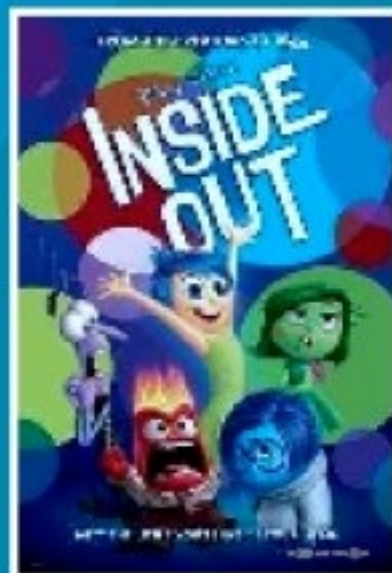
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Cobie Smulders packs a punch

INTERVIEW

Actress trained hard to play military woman in Jack Reacher

Richard Crouse
For Metro Canada



Cobie Smulders has been in action movies aplenty, but she's rarely part of the action. That changes in Jack Reacher: Never Go Back.

Opposite Tom Cruise, Smulders plays Major Susan Turner, a decorated soldier accused of espionage. To prove her innocence she teams with Jack Reacher in a battle for the truth.

"I was really excited about doing some action scenes," says the Canadian born actress who played former director of the planetary intelligence service S.H.I.E.L.D. Maria Hill in various Avengers movies as well as on television.

"I'd done some quote, unquote action movies before, through The Avengers and

the Marvel Universe. I'd be part of some of their stuff but I missed out on most of the fun fight sequences.

"Jumping on this, I knew I would get to do more fighting, hands on, rather than standing next to the superheroes while they do all the fighting."

She has more than her share of up-close-and-personal battle sequences, bare knuckling her way through the story at a breakneck pace, but were the scenes as fun to shoot as she thought they would be?

"That's a great question because sometimes they are not," she laughs. "They are quite technical and they can drag on. When it is fast and intense, they're really fun because it's like an adrenaline rush."

"It's like doing a choreographed dance with somebody."

"But when they drag on and it becomes about the minutia of like, 'We have to do the insert of the picking up of the meat tenderizer and we have to do it from this angle and that angle,' it takes the magic out of it."

A magical experience or



Cobie Smulders says the days on the Jack Reacher set were intense, but she reminded herself of what real-life women in the military go through to find the inspiration. CONTRIBUTED

not, Smulders, who will next be seen in the action comedy Why We're Killing Gunther opposite Arnold Schwarzenegger, says the scenes helped her performance.

"For me all the training and all the fighting helped me get into the character," she says.

"There were days when



There were days when I would push past breaking points

Cobie Smulders

I would push past breaking points and think, I can't take this anymore, and then I would go further.

"It got easier and easier. It was really painful at first but I always kept that in the back of my mind, what this woman would have had to go through, and what women and

men in the military have to go through.

"I think anybody who decides to enlist in the military and do all the work it takes to become a major is somebody who is much stronger than I will ever be."

"She's a woman we say has graduated Ranger School."

"When we started shooting the movie that hadn't happened yet; no women had graduated from Ranger School."

"Then during the shoot the first two women graduated. If I am playing a woman who can endure that type of training, then this should be like a piece of cake, what I'm doing on set."

Cruise and Smulders play a sort of Mr. & Mrs. Smith, a deadly duo who never allow romance to get in the way of their appetite for bodily destruction. Their relationship is a mix of Roadhouse style fighting and humorous rom-com dialogue.

"To not have these characters get together romantically," Smulders says, "was more interesting to watch than having a love scene in the middle of the movie."

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"We're an independently run store and we focus on high-quality, Canadian-made products," says Derek Palson, who runs The Village Pet with his wife Amanda and the store's live-in cat, Ira Katz. "We're part of the community, and I think that's what really differentiates us from the chain stores."

Because the Palsons and employees Hannah and Barb are all pet lovers, Derek says they only stock the best food, brands like Champion Petfoods, an award-winning, Alberta-based company that makes dog and cat foods from fresh, never frozen, regional ingredients.

The Village Pet also knows a lot of their customers in the Village live busy lifestyles, and many don't have the need for a vehicle. That's why Paulson says The Village Pet offers a unique home delivery service.

"We cater to Osborne Village clientele who might not have a car," explains Derek. "Our customers can use our online store to pick out exactly what they're looking for and we'll bring their order right to their door."

Go to villagepet.ca to shop online or check out their store (and meet Ira Katz) at 216 Osborne Street.



Fanning cherishes role of '60s radical



Dakota Fanning, who co-stars in the upcoming drama *American Pastoral*, says getting behind the camera as a director is something she's becoming ready for. CONTRIBUTED

FILM

Actress plays radicalized teen in *American Pastoral*

Steve Gow
For Metro Canada



Most child actors struggle to grow up in such a cutthroat business as Hollywood. Many wind up cast aside, forgotten and jaded. Not Dakota Fanning.

"I still enjoy the process of making films more than anything in my life," insisted the 22-year-old actress recently at the Toronto International Film Fest.

"Because I did start out so young, I think I've been able to maintain, not a childlike perspective, but I still come to the process with a real enthusiasm and that hasn't gone away."

It's certainly refreshing to not only find someone so upbeat about Hollywood, but to still be as enthusiastic about their future prospects.

For Fanning, that includes

her upcoming acclaimed drama *American Pastoral*, in which she plays a teenaged daughter who disappears after becoming radicalized in the social upheaval of the '60s until her father (Ewan McGregor) discovers her years later.

"This character is kind of a once-in-a-lifetime role and this sort of complex role doesn't come along very often, so I was in no matter what," said Fanning of Ewan McGregor's directorial debut. "For me it's just about the role itself (and) this one is set during a very tumultuous time and there's definitely a lot to explore there."

While Fanning was involved before McGregor climbed into the director's chair, she was still struck by the actor's debut. And having worked with Hollywood's greatest auteurs — from Steven Spielberg (*War of the Worlds*) to the late-Tony Scott (*Man on Fire*) — she certainly

speaks from experience.

"The best directors have an understanding of actors. He definitely has a deeper understanding because he is one," said Fanning of McGregor. "He's just such a great guy and being a director in general, you are required to balance being in control and being decisive and at the same time, being collaborative and respectful of everyone's ideas and that's where he excelled — he completely had that balance."

With over 16 years in showbiz, Fanning has surely earned an education in filmmaking. In fact, while she stops short of admitting she has any projects in the works, she isn't looking too far ahead to get behind the camera herself.

"That's a definite for me," said Fanning. "Being a director is something that I'm becoming ready for and it's something I'd really like to do."

“Because I did start out so young, I think I've been able to maintain, not a childlike perspective, but I still come to the process with a real enthusiasm and that hasn't gone away. Dakota Fanning

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BON JOVI

Sets record straight on buying Titans

Bon Jovi's upcoming album is entitled, *This House is Not For Sale*, and apparently neither are the Tennessee Titans.

Earlier this week, CBS Sports reported that Bon Jovi and Peyton Manning were "monitoring the Tennessee Titans ownership situation," leading to

speculation they were looking to purchase the Nashville-based football team. That prompted Titans acting owner, Amy Adams Strunk to say the team is not for sale.

On Wednesday, Jon Bon Jovi sat down with *The Associated Press* to set the record straight.

"Let me dispel the rumours right now," he said with a laugh. "I wake up to these headlines with my name on them and they're just not true. I want to make it perfectly clear that the team is not for sale, nor has it ever been, and I respect and admire (late franchise founder) Bud Adams' legacy. End of story, I wish them all the success in the world."

He added: "You wake up to that and you're, 'Wait a minute. I don't want to upset anybody. I didn't do anything.'"

While the New Jersey rocker hopes to add NFL owner to his resume one day, it's not happening yet.

"I love the NFL, and I did in fact try to buy the Buffalo Bills, but this has nothing to do with that. All I'm doing — I'm in the music business. End of story."

THE ASSOCIATED PRESS



Singer Jon Bon Jovi dispels headline rumours about him and Peyton Manning buying a football team. GETTY IMAGES

A Nasty boost



MOCKING CLINTON SONG STREAMS UP 250 PER CENT SINCE DEBATE Donald Trump's labelling of Hillary Clinton as "such a nasty woman" during the final presidential debate has given a boost to Janet Jackson's 1986 hit, *Nasty*. Spotify says streams of *Nasty* are up 250 per cent, though the company wouldn't release specific numbers. Some Twitter users are having fun with the comment Trump made Wednesday night. One video being shared features Jackson's video for the song with Clinton's face crudely pasted over top of the singer's. It references the song's lyrics with the note, "It's Hillary. Madame President if You're Nasty." THE ASSOCIATED PRESS, FILE PHOTO BY CHRIS PIZZELLO/INVISION/AP

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Issa Rae blazes trail in HBO's Insecure

STRONG VOICE

Funny hit show tells different story about black culture

For Issa Rae, it feels like the 1990s.

The creator and star of the HBO series *Insecure* said she's enjoying the debut of her TV show at a time when popular shows telling different stories about black culture are on the scene, from Ava DuVernay's *Queen Sugar* to Donald Glover's *Atlanta* to Cheo Hodari Coker's *Luke Cage*.

It reminds her of when shows like *The Fresh Prince of Bel-Air*, *Living Single*, *Family Matters* and *Martin* dominated on television.

"It's dope that there's like a new renaissance. ... I love that I'm not alone," Rae, 31, said in a recent interview. "We worked really hard to include people of colour behind the scenes. That was a big thing for us."

She gives a lot of credit to Shonda Rhimes, the television mogul behind successes like *Scandal*, *How to Get Away with*

Murder and Grey's Anatomy.

"She kind of ushered us all in, in a sense," Rae said, "but then a lot of the questions were like, 'Why is this black female character like this?' ... So I'm grateful that we're not going to have (questions like), 'Why is the black girl like this?'"

"There are so many different stories that we're able to tell at the same time to show how rich our culture is and that's a great feeling."

Before Rae developed *Insecure* — partly based on her life and her hit web series *Awkward Black Girl* — she worked with Rhimes on a pilot about dating in Los Angeles.

Things didn't work out for the rising star, who said at the time that she "wasn't good at navigating the notes between the network and studio."

"I was too eager to please," she said. "It showed me that I needed to be stronger in my voice."

That's when HBO called. Did Rae have anything to pitch to the network? She did. *Insecure*, a hilarious, adventurous show (Sundays, 10:30 p.m. Eastern, on HBO), that follows Issa Dee (Rae) and best friend Molly Carter (Yvonne Orji) as black women



Before Issa Rae developed *Insecure* — partly based on her life and her hit web series *Awkward Black Girl* — she worked with television mogul Shonda Rhimes on a pilot about dating in Los Angeles. HANDOUT

on the brink of turning 30 who are navigating their love lives and professional careers.

"They're really good about getting out (of) the way of the cultural element of the show and making sure your voice shines through," she said about

the executives at HBO (the network recently offered Rae a production deal to develop more content).

Rae built a strong team to help her find her voice for *Insecure*: Larry Wilmore is her co-creator; Prentice Penny, who has

worked on *Brooklyn Nine-Nine* and *Scrubs*, is the show runner; and Melina Matsoukas, the Grammy-winning director behind music videos for Beyoncé and Rihanna, directs some of the episodes.

Matsoukas, who marks her

“

I was too eager to please. It showed me that I needed to be stronger in my voice.

Issa Rae, on why it didn't work out with a show about dating in LA that she was working on with Shonda Rhimes

TV directing debut, is one of many music ties to the show. Grammy-winning singer-songwriter-producer Raphael Saadiq composed the music, and Solange Knowles is a music consultant.

Rae is also musically inclined. In the series, she breaks out into comical, emotional raps to cope with life.

She says rapping is "for fun" — sort of.

"My friends and I have a ratchet rap group, (and) for a second, (we) toyed about taking it seriously, but I'm not a rapper."

"It's all when I have alcohol in my system."

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Grammy Winner Bruno Mars has a new party anthem out called 24K Magic. "Hopefully everyone's partying with us," says Mars, of his live shows. PHOTO BY MATT SAYLES/INVISION/AP

Bruno Mars: pop's ultimate party boy

GROOVY HIT

24K Magic reaches No. 5 on this week's Hot 100 chart

While the world was busy dancing to Bruno Mars' Uptown Funk at the top of 2015, the singer was partying in the studio and creating his latest groovy hit.

The Grammy-winning star said in an interview with The Associated Press he wrote 24K Magic around the time Uptown Funk topped the Billboard Hot 100 chart last year. 24K Magic debuted at No. 5 on the Hot 100 chart this week.

The new party anthem was launched with a music video to match its celebratory flavour. So far, it's racked up more than 46 million views on YouTube.

"You want to kick the door down instead of politely say, 'Hey guys, check this out.' So I think that was the whole

objective — to make sure the visual came with the song so people can know, 'When we wrote this, this is what we felt like,'" Mars said. "When I'm performing, this is what I want you to feel like. Hopefully everyone's partying with us."

Mars performed the song, his 13th Top 10 hit on the Hot 100 chart, on Saturday Night Live last weekend. The tune comes after the massive success of Uptown Funk with Mark Ronson, which recently hit RIAA diamond status and won two Grammy Awards this year, including record of the year.

24K Magic is the first single — or invitation to the party as Mars puts it — for his third

album of the same name, to be released Nov. 18. Two days later, he'll open the 2016 American Music Awards with a live performance.

The singer-songwriter-producer says when he first came up with the treatment for the video, which features his signature dance moves, playful band and colorful fashion, he over thought it.

"For weeks and weeks and weeks, I wanna say a year, I was thinking about what the video's going to be ... how are we going to distance it from the other videos I've done and do something special. And every time I came up with a concept it wasn't what the song (was about). The song sounds like a party. So it was like, 'Don't try to go against the grain,'" said Mars, who co-directed the clip.

When the pop star was in Las Vegas, a light bulb turned on. "I was like, 'This is what we got to do. Fly the guys down. Turn the camera on.'"

THE ASSOCIATED PRESS

"The song sounds like a party. So it was like 'Don't try to go against the grain.'"

Bruno Mars

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Super Boy's Restaurant is one of nearly 500 businesses in Manitoba that have participated in Power Smart Shops since it launched in October 2015. The restaurant had free water and energy saving measures installed, such as low-flow faucet aerators and basic LED screw-in lamps. The restaurant also took advantage of the program's free walkthrough and enhanced



Some of the energy efficient measures available through the program. CONTRIBUTED

financial incentives to replace its inefficient T12 fluorescent lighting with new energy efficient T8 ballasts and LED linear lamps.

"Power Smart Shops is a great way for business owners to make upgrades, be energy efficient, and save money," says Dino Chouzouris, the restaurant's manager. "We are thankful for the opportunity."

To participate in Power Smart Shops, call 204-360-3676 (Winnipeg) or 1-888-624-9376 (toll free) or visit hydro.mb.ca/psfb.

With lush rainforests and mountainous terrain, Saint Lucia is a beauty of an island that still manages to feel like a hidden gem of the Caribbean. Pack a swimsuit plus something for motion-sickness – there are so many switchback roads through the mountains, it's enough to make even the steadiest person's head spin – and you're all set for a tropical getaway to this island treasure where you can go all out or vacay more moderately.

KAREN KWAN FOR METRO



Soaking in St. Lucia

Stay

While the ultimate splurge on accommodations in Saint Lucia would be the eclectically designed **Jade Mountain** (shown above), where spacious suites feature only three walls – in place of the fourth is an infinity pool and view of the Pitons – book at its sister resort, **Anse Chastenet**, where the rooms have a folksy appeal and (bonus!) you're closer to the beach. At **Stonefield Estate**, you'll be blessed with an even closer view of Petit Piton from your villa and spectacular sunset views.

Sweat

Devour in local foods such as saltfish, bakes and starchy provisions (not to mention swigging rum from **Saint Lucia Distillers Chairman's Reserve**) guilt-free when you work up a sweat hiking with a guide to the peak of **Gros Piton**, which stands 2,619 feet above sea level. For a much less strenuous but almost as rewarding view, the easy stroll along the **Tet Paul Nature Trail** will reward you with top-notch vantage points of both iconic volcanic mountains.

Swim

Nestled between the Pitons, **Sugar Beach, A Viceroy Resort**, is one of the most stunning spots to swim in Saint Lucia, which is where Matt Damon and his wife rented out to renew their vows. Not a guest of the Viceroy? Not a problem. **All beaches in Saint Lucia are public**, so you're permitted to access this beach through the posh property.

Soak

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Culture is on the walls in Montreal

QUEBEC

City is turning into a work of art with new installations

Chris Lackner
For Torstar News Service

As I savour every last morsel of my melt-in-your-mouth tuna tartare, Mozart, Marilyn Monroe, James Dean and Darth Vader all seem to eye my plate hungrily.

Their images are splattered across the walls of Être Avec Toi (E.A.T.) in W Montreal hotel, along with the likes of hockey legend Maurice "The Rocket" Richard, Batman and Mr. T.

It's an impressive list of regulars. Who knew Montreal would be able to deliver my dream dinner party? But that's the magic of a city steadily becoming a living, breathing work of art. Through the likes of murals and

new multimedia installations, all of Montreal seems to be a canvas.

There's no place that demonstrates that better than E.A.T. The wall art, from deviant wildlife to pop-culture mash-ups, was created by a who's who of famous graffiti and street artists — most of them local.

Arthur Gaillard, artistic director of MASSIVart, the creative agency behind the decor, calls it "street-art inspired."

Beyond minor space and colour constraints, each artist was free to follow their muse. "The history of Montreal street art is found in here," Gaillard says, noting MASSIVart aims to make art more accessible to the broader public.

Montreal's annual MURAL festival takes that same attitude to the city's walls. The 2016 edition included new murals from local E.A.T. contributors like Stikki Peaches, and international artists like Israel's Klone Yourself, New York's Buff Monster and England's D*Face.

André Bathalon, co-founder of MURAL, says the fest has pro-

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Montreal is a cultural hot-spot 365 days a year. But you'll be able to enjoy and contemplate Montreal's outdoor, public art better without the company of deep winter's chill. CHRIS LACKNER

duced nearly 20 new murals each year since 2013, and maintains a growing legacy of over 50 permanent pieces on Montreal's walls. They even employ a repair artist for touch-ups.

"Once the party is over, the art stays on the wall," he explains. "The murals become landmarks or beacons. This is art tourism, a walk of discovery."

The murals are all found in the vicinity of Boulevard Saint-Laurent, which is closed to traffic for the June festival. The multi-storey murals pop out in unique ways depending on factors like sunlight, and your distance and angle.

From a mystical weeping



Arthur Gaillard (left), artistic director of MASSIVart, the creative agency behind the graffiti-esque decor at E.A.T. restaurant in W Montreal hotel, calls it "street-art inspired." PROVIDED

woman, and a boy with a sling shot aimed at the stars, to a jungle-themed old comic book cover, the murals feel like magical little windows in the urban landscape. Sidewalks are fair game, too. On one corner, I'm forced to step on the drawing of a giant, 25-foot long pink squid, his long tentacles reaching over the sidewalk and into a nearby sewer grate.

Bathalon says each mural has four lives, and is reinvented by the changing seasons — especially in the winter, when the snow sharpens the surreal colours. Citizens serve as de facto guardians, fiercely protective of

the imagery on their building or neighbour's wall.

In 2015, Montreal's murals earned it distinction as the first Canadian city to be added to Google's street art gallery. With over 150 local murals available, it joined the likes of Barcelona, Philadelphia and London as a public art wonder of the world. Montreal's new motto could be, "Come for the art, stay for the city."

Case in point, Cité Mémoire in Old Montreal, where spirits of the past are brought back to life by a living spirit of creativity and innovation. A new, free app

allows visitors to journey through time via the project's 18 after-dark tableaux. The multimedia vignettes, triggered by motion sensors and smart devices (which also provide the audio), project stories of the city's milestones and famous characters onto the area's historic walls. Four more will be added for the city's 375th birthday in 2017.

As co-creator Victor Pilon says, "All these people that made and built Montreal are still in its bricks." Chris Lackner was hosted by Tourism Montreal, which didn't review or approve this story.



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"We get to host the World Series and we get our rings on the same night — at the same time": LeBron James



Penguins still have Sharks' number

NHL

Pittsburgh comes back to win rematch of Cup final

Evgeni Malkin, Scott Wilson and Patric Hornqvist scored during a furious third-period rally to lead the Pittsburgh Penguins to 3-2 victory over the San Jose Sharks on Thursday night.

The Penguins trailed by two goals after two largely lifeless periods in a rematch of last June's Stanley Cup final before catching fire late. Hornqvist and Malkin both finished with a goal and an assist. Marc-Andre Fleury stopped 32 shots and bought the Penguins time until the offence finally got going.

THURSDAY In Pittsburgh



Tomas Hertl and Patrick Marleau scored for the Sharks, who controlled the first 40 minutes and appeared well on their way to a one-sided victory before falling apart late. Martin Jones made 17 saves but saw the play in front of him break down in the third.

The Penguins captured the franchise's fourth Stanley Cup in an entertaining final last June, finishing off the Sharks in Game



Melker Karlsson of the Sharks is upended by the Penguins' Justin Schultz in Pittsburgh on Thursday night. JUSTIN BERL/GETTY IMAGES

6 in San Jose. If the Sharks wanted a glimpse at just how close they came to their first title, they need only look toward the rafters at PPG Paints Arena during warm-ups to get a look at the banner the Penguins raised last week.

San Jose insisted Thursday had

nothing to do with revenge or any sense of payback. Last June is gone. For now the Sharks are still trying to find an identity even with nearly the same roster back for another run.

They're off to a hot start and certainly looked fresh playing

for the third time in four days on the road.

Pittsburgh was coming off a shutout loss in Montreal on Tuesday and played without Sidney Crosby (concussion) and defence-man Kris Letang (upper body).

THE ASSOCIATED PRESS

MLB PLAYOFFS

Cleveland bullpen solid amid injuries

By winning the American League Championship Series in five games, the Cleveland Indians not only captured a spot in the World Series, they also earned a break this team could sorely use.

Injuries to starters Carlos Carrasco, Danny Salazar and Trevor Bauer left Cleveland in a tough spot even as Cleveland kept winning. They started Corey Kluber on short rest in Game 4 of the ALCS against Toronto, then sent a virtual unknown to the mound for Game 5 in Ryan Merritt. Cleveland won Game 5 and the series behind a solid effort from Merritt, but the Indians would love for Bauer and perhaps even Salazar to be able to contribute at some point soon.

If not, well, Cleveland can still rely on a bullpen that's been up to the task so far. ALCS MVP Andrew Miller has received much of the attention, but the Indians go deeper than that. Their relief-



Andrew Miller was named ALCS MVP. GETTY IMAGES

ers have posted a 1.67 ERA in 32-1/3 innings this post-season, with Cody Allen and Bryan Shaw also making important contributions.

The World Series starts Tuesday, and Cleveland is four wins from its first title since 1948.

THE ASSOCIATED PRESS

JOSE FERNANDEZ

Jetty in fatal boat crash to be probed

U.S. Coast Guard officials say they'll examine lighting on the Miami Beach jetty involved in a boat crash that killed Miami Marlins pitcher Jose Fernandez and two other men last month.

Rear Admiral Paul Thomas said in a letter this week to U.S. Sen. Marco Rubio that the Coast Guard is commissioning a new analysis of the north and south jetties at the entrance to a channel that runs past the southern end of Miami Beach. The letter says an analysis performed



Jose Fernandez. GETTY IMAGES

last November found that aids to navigation in the area met boaters' needs.

The National League Rookie of the Year in 2013 and a two-time All-Star, Fernandez was

a baseball star known for his exuberant personality and style of play. THE ASSOCIATED PRESS

CANADIAN UNIVERSITIES

CIS rebranded, now named U Sports

How do you transform your sports organization from a staid governing body to a dynamic, engaging and lucrative sports property?

For the folks running university sport in Canada, it starts with a title change. They discontinued the name Canadian Interuniversity Sport on Thursday and unveiled a sleek new moniker: U Sports.

Officials say they needed a

name that worked in both English and French, and that saved fans from memorizing yet another acronym. The brand makeover is part of a campaign that aims to reposition university athletics in Canada's crowded sports marketplace. Rather than existing as NCAA Lite, U Sports officials plan to market its schools and athletes,

and convince consumers their product is worth watching. And sponsoring.

"We've been working really hard to get in front of corporate Canada," says U Sports CEO Graham Brown. "They're passionate about university sport. We just have to convince them that we're a good opportunity for marketing (and) for promotion."



Experts say it will take more than a brand makeover to engage viewers.

"The biggest challenge is less in the branding and more in the exposure," says Anthony Zanfini, head of the Toronto-based marketing firm Ambit. "U Sports or CIS, it doesn't help them win that battle. That battle is about the cost of producing television and the revenue broadcasters can make." THE CANADIAN PRESS

IN BRIEF

Pogba breaks out for brace
Paul Pogba cast aside criticism of his recent performances by delivering a reminder of his talent on Thursday, scoring twice in Manchester United's 4-1 win over Fenerbahce in the Europa League.

Pogba marked a dominant all-round performance by converting a penalty and a 25-metre curler into the top corner in first-half injury time. THE ASSOCIATED PRESS

Penguins ink Murray to three-year extension

Matt Murray's breakout performance in last year's Stanley Cup playoffs earned the Pittsburgh Penguins goaltender a hefty raise.

The 22-year-old and the team agreed to a three-year extension beginning next season that will pay Murray \$3.75 million per season — a significant bump from the \$600,000 he currently makes. THE ASSOCIATED PRESS

Foxes' title hangover yet to wear off

PREMIER LEAGUE

Leicester are perfect in CL but only 13th in EPL table

Glance at the Champions League standings and it would seem all is just fine at Leicester City this season. Three matches. Three wins. No goals conceded. If only the defence of its English Premier League title was going so well.

Few expected Leicester to replicate the feats of last season, when the unheralded team from central England went from relegation favourites to title winners in one of the most amazing stories in all of sports.

Few, though, would have expected such a drop-off in the league the following season.

"When I think of the Premier League, I'm very, very angry," said Leicester's usually amiable coach, Claudio Ranieri.

Leicester heads into Saturday's home match against Crystal Palace in 13th place in the 20-team league, having lost four of its opening eight games. The team only lost three league matches in the whole of last season.

The most obvious explanation for the drastic dip in form is a change of focus. This season, it increasingly seems, is all about the Champions League, which Leicester is competing

in for the first time. "It's just psychological," Ranieri explained. "Because when we play in the Champions League, all the specials are switched on. You're very, very smart, focused in every situation." The same can't be said in the Premier League. Leicester has lost to Liverpool, Manchester United and Chelsea by three-goal margins and also has been defeated by promoted Hull.

Its only wins have come against Burnley and Swansea, both of whom — like Hull — are among the contenders for relegation. There are other factors to blame apart from a preoccupation with the Champions League. The loss of N'Golo Kante to Chelsea has hit Leicester hard. It felt at times like the energetic Kante did the work of two players in central midfield last season, providing protection for the defence and also a springboard for the attack.

As a consequence, Leicester's defence looks vulnerable, with centre backs Wes Morgan and Robert Huth exposed and making errors. That, however, doesn't explain the team's tendency to concede at set pieces this season, which is simply down to a lack of concentration and awareness.

Another factor is Ranieri's squad strengthening over the summer, which included signing forwards Ahmed Musa and Islam Slimani for what were club-record fees. It has given the Italian coach more options for his

+ FIXTURE LIST

SATURDAY		SUNDAY	
Tottenham at Bournemouth	Middlesbrough at Arsenal	Everton at Burnley	Stoke City at Hull City
Crystal Palace at Leicester	Watford	at Swansea City	Sunderland at West Ham
		West Bromwich at Liverpool	
		Southampton at Manchester City	Manchester United at Chelsea

lineup but he might no longer know what his best team is.

Last season, everyone knew Leicester's first-choice lineup and Ranieri rarely rotated, but that has changed. Shinji Okazaki, for example, rarely starts now and the Japan forward was a key member of the title-winning team because of his work rate, unselfishness and qualities in linking the midfield and attack.

Then there's the dip in form of star players from last season — striker Jamie Vardy and winger Riyad Mahrez. A mid-table finish in the Premier League and getting to the knockout stage of the Champions League would be acceptable in this most unusual of seasons for Leicester. But for Ranieri, the quicker the team gets to the 40-point mark the better. THE ASSOCIATED PRESS



Jamie Vardy and manager Claudio Ranieri

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DAILY TREAT



Winnipeg **metro**

RECIPE Waffled Avocado Grilled Cheese



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

This avocado and cilantro mash with stretchy Monterey jack cheese gets the perfect grill when given the waffle treatment. Get ready for maximum gooeyness.

Ready in 15 minutes

Prep time: 5 minutes
Cook time: 10 minutes
Serves 2

Ingredients

- 4 slices of whole grain bread
- butter
- 1/2 avocado
- small handful of fresh cilantro
- salt
- 1/2 cup shaved Monterey Jack

cheese

Directions

1. On a cutting board, lay out bread slices. Spread butter on one side of each slice of bread.
2. In a small bowl, mash avocado, cilantro and salt to taste. Spread a heaping tablespoon of avocado mix on two slices of bread and sprinkle with cheese. Add cheese to the other plain slices of bread.
3. Place grilled cheese in waffle maker and cook according to machine's directions for a waffle. Repeat for the second sandwich.

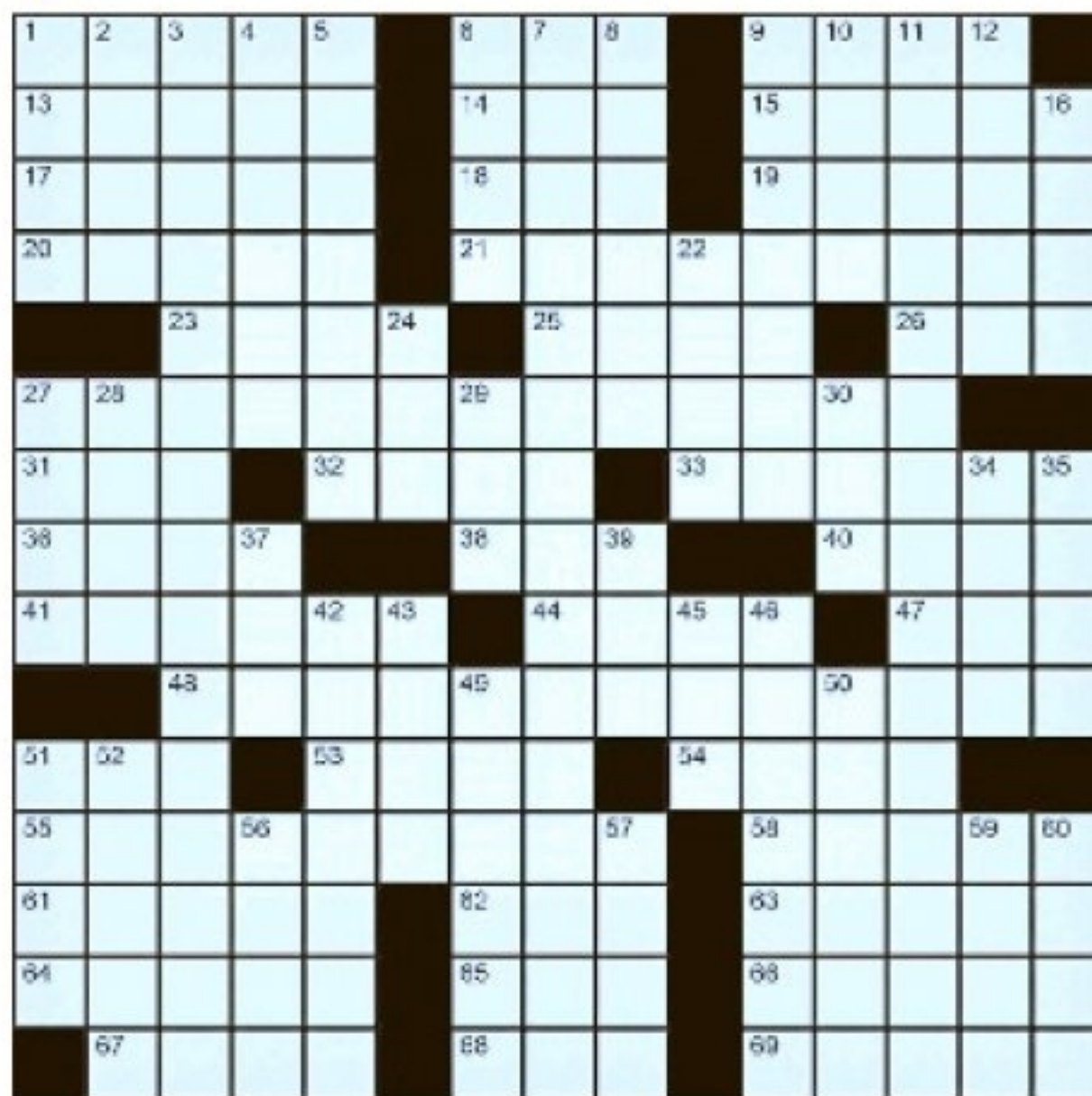
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Singer/actress Ms. Moore
6. Brad's ex, briefly
9. LA photographers
13. 2004 Green Day album, 'American _'
14. Scottish 'no'
15. Pontificate
17. Boomtown Rats' '... Like Mondays'
18. Utmost degree
19. Legendary ballet company
20. Ancient Greek colony
21. Dita Von Teese's theatrical specialty
23. Agitate
25. Rivers, in Mexico
26. Website
27. With all of a person's possessions: 3 wds.
31. California baseball team [acronym]
32. Go by yacht
33. Lazy Daisy, in embroidery
36. Arm drawings, commonly
38. Graduate's degree, e.g.
40. Stage musical, Man _ _ Mancha
41. Bundles
44. Cow's offspring
47. Speed _
48. Ottawa: The Library of Parliament, also known as 'Canada's Most _ _'
51. Horiz.
53. 2002 Literature Nobel Mr. Kertesz
54. North Pole laugh: 2 wds.
55. The carved wood panelling of The Library of Parliament is



- made from what type of tree?: 2 wds.
58. Supercharger
61. Inert gas
62. John Fogerty's gr.
63. Smug-looking grin
64. Like a lotus position

65. Powder _
66. Al Capp's 'Li'l' creation
67. France: Mediterranean resort
68. Initials-sharers of Gloria's portrayer on 'All in the Family'
69. Eva and Zsa Zsa's sister

DOWN

1. Nero's 1003
2. Vegetable stand selection
3. Vancouver landmark crossing the Burrard Inlet: 3 wds.
4. Madonna's 'La Isla _'
5. Gains
6. 'The Brady Bunch' actress, _ _ Davis
7. NSERC = _ _ and Engineering Research Council of Canada
8. Yankees legend Lou
9. Stokes the fire logs: 2 wds.
10. Mr. Onassis'

11. Oak, Cherry and Walnut... That upon which visitors to #48-Across studiously walk: 2 wds.
12. England: Canterbury's river
16. Mr. Knievel
22. Records
24. Nutritional suggested amount [acronym]
27. Sandwiches, e.g.
28. 'I get it noooo!'
29. Diner's shirt protector
30. Acqua Di _ (Armani fragrance)
34. Muse of history
35. 'Mad Men' star Jon
37. Mailing encl.
39. Eatery, e.g.
42. Tin-glazed earthenware
43. _ pumps, as in basements
45. 'I _ Ya Papi' by Jennifer Lopez
46. Ship's unsunken remains
49. Fools
50. It's called the 'Dance of Romance'
51. Wonky
52. 2004 Alanis Morissette album: 'So-Called _'
56. Easy! There's nothing _ _!
57. Work units
59. Born and _
60. Pod vegetable

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
For the next four weeks, you will be intense! In particular, you will want to tie up loose ends regarding shared property, taxes, debt and inheritances.

Taurus April 21 - May 21
The Sun is opposite your sign for the only time all year during the next four weeks. This means you need more rest. You also will have a strong focus on partnerships and friendships.

Gemini May 22 - June 21
Do whatever you can to get better organized in the next four weeks. You want to feel confident, on top of your scene and smart!

Cancer June 22 - July 23
Lucky you! The next four weeks are perfect for a vacation. They also are the time for sports events, socializing with others, flirting and having fun with your main squeeze.

Leo July 24 - Aug. 23
Now your attention will turn to home, family and your private life. Your interaction with a parent during the next few weeks could be significant.

Virgo Aug. 24 - Sept. 23
Fasten your seatbelt, because the next four weeks are busy! You've got things to do, places to go and people to see! Take a short trip.

Libra Sept. 24 - Oct. 23
Money, wealth, assets and possessions will be your focus in the next four weeks. Look for ways to boost your income because they exist.

Scorpio Oct. 24 - Nov. 22
The Sun is in your sign for the next four weeks, boosting your energy and giving you a chance to recharge your batteries for the rest of the year. Go, go, go!

Sagittarius Nov. 23 - Dec. 21
Work alone or behind the scenes for the next four weeks while you plan your new year (birthday to birthday) ahead. Any ideas?

Capricorn Dec. 22 - Jan. 20
Your popularity will soar in the next four weeks because you want to interact with friends and groups. This is a good time to share your hopes and dreams for the future with others.

Aquarius Jan. 21 - Feb. 19
The Sun will be at the top of your chart for the next four weeks, casting a flattering light on you. You look good to bosses, parents and VIPs!

Pisces Feb. 20 - March 20
Try to travel in the next four weeks because you need to get outta Dodge. You want to explore more of the world to learn something new!

CONCEPTIS SUDOKU by Dave Green

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